

Butterfly Express^{LLC}®



January Specials



15% off

LeInner Peace



LeMariah

LePurify



Black Pepper

Lemongrass



Parsley



Buy all six and receive 20% off

1-888-747-3021



visit www.butterflyexpress.net



LeInner Peace

Aids in staying focused and clear, particularly about the direction of one's life; promotes harmony between yourself and others and between yourself and God; aids in forming rewarding relationships with family and friends; helps us feel genuine compassions for others; much like LeBenediction, LeInner Peace protects the body and the mind from attack and depletion of our energy resources by the energies of others while still allowing us to be open to them; increases oxygen around pineal and pituitary glands; use with LeSanctuary, LeMillenia, and LeMagi

Ingredients: angelica, cinnamon, frankincense, palmarosa, sandalwood, spruce, ylang ylang, rosewood, balsam, lavender

Affinity for: emotional balance; heart chakra

Aromatic Considerations: helps to collect thoughts; connect the heart and mind in harmony with ourselves and with others

Application: apply on the forehead from right temple across to left temple, on the thymus, chest, heart; excellent massage oil if in a positive emotional state; in the tub; or as a perfume or cologne

Resonance: physical and emotional

Cautions: wear with caution when angry or when caught up in negative emotions as this oil acts as a strong amplifier - may amplify negative emotions as well as positive; helpful, and sometimes necessary, to diffuse LeSanctuary or any other of your favorite emotional blends for a little while before using LeInner Peace.

Lemongrass (*Cymbopogon flexuosus*)



Improves circulation, regenerates connective tissue and repairs ligaments, improves digestion and eyesight, clears infections and wakes up the lymphatic system; gets oxygen flowing and repairs parasympathetic nerves; energy and compassion following emotional overload and collapse; also purifies and disinfects; can also be used for infections, acne, as a diuretic, for nervous conditions, cellulite, skin care, bladder and kidney disorders, edema, varicose veins

Ingredient In: LeDeeper, LeEnergy, LeInside-Out, LePurify, LeSunburst, LeWake-up

Therapeutic Properties: astringent, tonic, calmative, antiseptic, anti-infectious, diuretic, digestive, anti-parasitic, depurative, nerve

Application: apply to appropriate areas of the feet, directly to areas of concern

Aromatic: like all citrus oils, light and refreshing with an uplifting effect on mood and attitude

Contra-indications: overuse can cause extreme skin irritation

LePurify

Kills odors, bacteria, molds and fungus; apply to spider bites and insect stings; use for toothaches and dental abscesses; citrus oils are useful for anorexia and eating disorders, because they moderate feelings of insecurity, self-doubt or self-loathing; use for repelling bugs, insects and mice

Ingredients: lemongrass, grapefruit, lavender, citronella, tea tree

Affinity for: digestive system, skin, emotional stability

Aromatic Considerations: purifies the air; neutralizes mildew; removes the smell of cigarette smoke and many other noxious odors

Application: diffuse; apply topically or place on cotton balls in air vents, etc.

Resonance: very low physical range blend that also affects emotions

Parsley (*Petroselinum sativum*)

Widely used as a stimulant for hair growth and follicle health; repairing broken blood vessels, repairing damaged skin and reducing cellulite; has a marked effect on the urinary tract - use for cystitis and urinary infections

Ingredient In: LeVallee

Therapeutic Properties: antimicrobial, antiseptic, astringent, diuretic, emmenagogue, laxative, stomachic, uterine tonic

Application: dilute and apply directly on areas of concern

Aromatic: not particularly good for diffusing

Contra-indications: while very useful for mild urinary tract infections, parsley is contra-indicated for more severe forms of kidney disease and degeneration



LeMariah

This blend was specifically designed for use against the new flu strains, such as the Bird Flu that are giving people a scare today. It seems to be the nature of these new strains to attack different people differently; one person may sustain more damage to the circulatory system while another person may be hit hardest in the lung and respiratory areas. The strengths of this blend lie in the areas of anti-viral/anti-bacterial properties and in clearing and supporting the lungs. LeMariah should be used in conjunction with LeRevitalize for endocrine support and to increase energy levels & stamina and with LeVitality to strengthen the heart and improve circulation overall.

Ingredients: helichrysum, thyme, spikenard, spearmint, wintergreen, opopanax

Affinity for: respiratory system

Aromatic Considerations: diffuse near the patient to aid in clearing the lungs

Application: apply, diluted, to the chest and back at frequent intervals

Resonance: mid-range, physical



Black Pepper (*Piper nigrum*)

Used traditionally to maintain stamina and energy because it increases cellular oxygen levels; find a reservoir of empathy in ourselves and more realistic expectations of others; black pepper is an analgesic, anti-catarrhal, anti-inflammatory, antispasmodic, antiseptic, laxative; can be used as an expectorant and a stimulant to the nervous, circulatory and digestive systems; used for pain, chills, flu, coughs, colds, exhaustion, fevers, muscle aches, and nerves; supports the digestive glands, stimulate the endocrine system and aids in the treatment of rheumatoid arthritis; has been used to improve muscle tone and for sprains; needs to be diluted well for most applications and can be a skin irritant.

Ingredient In: LeEnergy

Therapeutic Properties: analgesic, antiseptic, aphrodisiac, anti-catarrhal, expectorant, tonic, febrifuge, digestive, rubefacient, diuretic

Application: appropriate areas on feet, directly on areas of concern, diffused

Aromatic: diffuse carefully-quite pungent; said to benefit the 1st chakra

Contra-indications: well-diluted for use on skin, can cause redness and irritation on sensitive skin

Upcoming Chrysalis Energy Class

Stage 1 of 6 is starting

March 18th, 19th, 20th and 21st

Each stage is 4 days.

The dates for the following stages will be determined at the first class.

Don't miss this opportunity to learn

- Healing with energy
- essential oils
- homeopathy
- herbal medicine
- and so much more

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or visit our website @ http://butterflyexpressions.org/Handouts/Course_Outline.pdf

Butterfly Express^{LLC}

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offer good through January 2009

Cassia

Cinnamomum cassia

Cassia oil, like cinnamon oil, is a powerful oxygenator and has a stimulating effect of the whole body, particularly the circulatory system. Cassia oil is useful when dealing with infections of all types, as virus spores, bacteria and fungi cannot live in its presence. It is also used for coughs, colds, rheumatism and arthritis, aches, pains and warts.

Ingredient In: LeBountiful, LeJourney

Therapeutic Properties: stimulant, antiseptic, antibiotic, anti viral, anti putrescent, analgesic, anti diarrheal, anti microbial, anti emetic, and carminative

Application: appropriate areas on feet or directly on areas of concern. Dilute well before topical application. Blends well with benzoin, cloves, coriander, frankincense, grapefruit, lavender, rosemary and thyme

Aromatic: has a warm, spicy almost pungent aroma

Contra-indications: avoid if pregnant or nursing; too strong for use in baths; use with caution on children or sensitive skin

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Learn to Foot Zone

Seminar Schedule For The New Year

Dates are set for the first of nine seminars.

Salt Lake Area
January 23rd and 24th
or
South Town
March 6th and 7th

For more information Call Kris @ 801-347-7980
E-mail: SoleExperienceSeminars@live.com



Health Tip:

Vitamin C (ascorbic acid) requires
Vitamin D (the sunshine vitamin) for absorption.

Many people who suffer from joint pain and stiffness benefit from reducing their citrus intake in the winter. Citrus fruits grow in a tropical climate, where vitamin D availability is not a problem, even in the winter. Oranges seem to have a more definite effect on the body than limes, lemons and grapefruit.

To keep your immune system functioning as well as it can this winter: 1) Make it a point to "catch some rays" during the sunny parts of the day. 2) Supplement your dietary intake daily with rosehips.

Vitamin C absorption is dependant on the presence of vitamin D. Vitamin D, the sunshine vitamin, is produced on the skin when ultraviolet light hits the skin. It is also available in certain foods. In the winter time we do not spend as much time in the sun, reducing the amount of vitamin D our bodies manufacture and absorb.

Vitamin C is a great immune stimulant and is a very necessary part of our dietary intake during the winter months. Providing your body with usable, absorbable vitamin C along with vitamin D is the key. Choosing foods which naturally grow close to home is preferred over foods which are grown in other regions and shipped to our location. One of the best sources of readily absorbable vitamin C are rosehips, which naturally grow in our location.

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Butterfly Express LLC®

is having a

SALE on

Rosehips tincture

\$5.00 (1oz).

regularly ~~6.50~~

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